

BE GOOD; BATHE THREE TIMES A DAY

Lalla Selbini Says That's the
Way to Make Your
Figure Perfect.

MODERN VENUS TALKS.

Avoid Corsets, Late Suppers, Li-
quor and Inaction if You Would
Acquire Beauty.

BY ALICE ROHE.

"Be good if you would be beautiful."
Yes, but incidentally take plenty of
cold baths. This is the philosophy of
Lalla Selbini, the modern Venus, who
is educating Broadway and the Para-
dise Roof Garden clientele up to gaze-
ing upon a beautiful undraped figure with-
out a shock.

Of all the maxims of the beauty doc-
tors and physical culturists Lalla Sel-
bini's recipe for "How-to-develop-a-
perfect figure" has the merit of nov-
elty.

This beautiful young woman, who
has the exact measurements of that
prototype of all perfect forms, the
Venus di Medici, says she owes her
physical graces to it. Just what being
a good little girl will do for your curves
is shown by La Selbini to Broadway
audiences twice daily.

For the sake of lovely woman who is
ever in the pursuit of the perfect figure
we have asked La Belle Baguette how
to be good in order to be beautiful as
she.

First of all, says the radiant Selbini,
you must be prudent. Never stay out
after 12 o'clock at night. Never, never,
never eat lobster a la Newburg while
the drink that sparkles makes you for-
get the ticking of the pendulum. Just
be a good, wholesome, sensible sort of
a person with plenty of exercise and
the right kind of food. Then you will
have perfect health, which is the fore-
runner and basis of perfect beauty.

This is what Venus di Medici up to
date has done to keep her figure perfect.
Like the famous statue of Cleopatra,
which measured but a foot 8 inches,
Lalla Selbini is not a large type of
woman. But as the Venus di Medici
in a slightly supine position, artists
have estimated that she was standing
erect she would measure 5 feet 4. That is
La Belle Baguette's measurement.
Her weight is 121 pounds.

Now here is a chance, girls, to be
really beautiful. Just follow Selbini's
rules.

Beauty's Daily Routine.

She gets up every morning at 8 o'clock
and has a cold bath.

She eats a light breakfast, consisting
of plenty of fruit, a soft-boiled egg and
a glass of milk.

She practices two hours on her bicy-
cle and treading, with athletic exer-
cises to keep her weight exact and her
body strong.

She takes a drive or a walk.

She has luncheon at 12. This meal
consists of fish, fresh milk and fruit.

In the middle of the day she takes a
thirty minutes' beauty sleep.

Where Lalla Selbini spends her time
at the theatre in the afternoon and
evenings the beauty seeker can carry
on her own personal affairs.

She eats dinner at 6 o'clock, dining
on meat and vegetables and fruit.

Never, never any pastry or sweets. Milk
and water are her only beverages.

After the theatre she goes home like a
good girl, and is in bed by 12 o'clock.

After each regular hour, she takes an-
other cold bath, which makes just three
a day.

Never Wear Corsets.

Here is another point in which Lalla
Selbini and the Venus di Medici are one.
She doesn't wear corsets. So artists
and health faddists who maintain that
the corset has been the ruin of the
female figure, perform the artistic stand-
point may gaze upon the modern Venus
and be content.

Of one thing Lalla Selbini has a hor-
ror. It is the death of beauty and art.
My exercises and my cold baths,
my regular hours, my regular meals,
keep me in good trim," she said.

There is no reason why every woman

SHE IS BEAUTIFUL BECAUSE SHE'S GOOD.



Lalla Selbini

should not have a perfect figure if she
lives a natural, healthy life. The
fair Selbini, she of the radiant com-
plexion, the beautifully rounded shoul-
ders and arms, the long silky lashes and
the luxuriant hair, absolutely taboo
all artificiality.

Never use cold cream and beauty
lotions of any kind. Of course, I re-
move my make-up with cold cream, but
my exercise is what keeps my skin in
good condition—exercise and cold water.

My cold-water bathing has made me
absolutely hardened to bruises and
scratches and cuts. I can fall off my
wheel and never make a bruise.

"My hair is good now because my
mother always took the best of care of
it, and I continue to do so. When I
was a little girl she used to clip it
every month, just the same as she did
my eyelashes to make them thick.

Now, every night I have my hair
brushed for half an hour and braided
loosely before retiring."

So there you are, girls. It's very
easy, says Lalla Selbini, to have a per-
fect figure if you will, you need only
be good and take plenty of cold baths.
If there isn't a reformation in New
York after this all hope is lost.

EARTHQUAKE SUFFERERS GET INSURANCE BLOW.

Sixty-one Companies Decide to Pay
Only 75 Per Cent. of Fire
Losses.

SAN FRANCISCO, June 15.—Sixty-
one of the insurance companies have
decided to order a cut of 25 cents and
compel policy-holders to accept 75
cents on the dollar to pay losses
caused by the earthquake. This an-
nouncement is not related by the in-
sured, who have been patiently await-
ing for the companies to settle up the
losses. The 75 cents proposition has
been spoken of for some time. It came
to a head at a meeting of the Under-
writers' Adjusting Bureau in Oakland,
where a vote was taken on the propo-
sition. Sixty-one of the companies
voted for it, while thirty-two
resolutely opposed it.

It is said that a majority of the com-
panies will pay dollar for dollar what-
ever liabilities they acknowledge or
are held responsible for. There re-

main, then, seventy-one companies to
be accounted for. Of this number,
sixty-one declared in favor of a 75
per cent. compromise, while ten were
not represented at the meeting and
have not so far stated their position
in the matter.

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HOSPITAL PATIENT JUMPED TO DEATH

Woman Plunged Forty Feet
from Window on the
Island.

Mrs. Josepha Janda, seventy years
old, of No. 131 First avenue, a patient
in the Metropolitan Hospital on Black-
well's Island, jumped from a window
of her ward, on the third floor of the
building, to-day and was killed.

She struck head first on the paved
area-way, forty feet below, and sur-
faced fractures of the second and third
vertebrae and internal injuries. She
was dead when one of the hospital
doctors reached her.

The woman had been suffering from
general debility, having been admitted
to the hospital on May 28. She was
placed in Ward D, on the third floor,
and when she was not watched for a
few moments she left her bed and
jumped out of the window.

The body was removed to the Morgue.



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Special at \$10.50. Value \$15.00.

Special at \$12.50. Value \$15.00.

Special at \$13.50. Value \$19.50.

Designed for girls from the age of 6 to 14, of Persian lawn and
batistes, in one and two-piece models. Both the waists and skirts are
daintily elaborated with lace in very new and original methods.

Girls' Washable Dresses.

Special at \$1.25. Value \$2.50.

Special at \$1.95. Value \$3.75.

In Russian blouse and sailor models of chambray in rose, blue,
green and tan; also black and white check gingham. Together with
surplice styles of chambray, having bands of embroidery and shields of
pique. Large and small checked gingham. Sizes 6 to 14.

Girls' Three-Quarter & Box Coats.

Special at \$5.75. Value \$10 to \$14.75.

Mannish tailored coats of gray homespun and navy blue and
scarlet serges. Velvet collars, lined or unlined. Sizes 6 to 14.

Boys' Russian Blouse Washable Suits

At 95c Values up to \$2.

Of chambray, madras and percales, in blue, tan and fancy
stripes. Sizes 2½ to 6. It's an exceptional opportunity.

Hackett, Carhart & Co

The Blyn Shoe

Oxfords—Pumps—Sandals.



Russia Calf, For every

Vici Kid, age,

Tan & Black, both sexes,

Canvas, All styles at

White and every price

Colors, the lowest

Kid—Black for equal

and Colors, quality.

Every acceptable touch of fad and fancy is featured in
Blyn Shoes, sold only in our own seven stores.

Tan Oxfords and Shoes are plentiful in Blyn Stores,
though scarce in other shoe stores.

Blyn Oxfords and Pumps of canvas and light por-
ous leathers, in Black, White and Colors, fit closely with-
out pinch or slip.

Barefoot Sandals, the natural Summer foot cover-
ing for children, bring comfort to tender feet and an
increased and increasing trade to Blyn Stores.

The Blyn Stores in New York quickly find your par-
ticular Shoe wants—the Blyn factory in New York
quickly fills them—at smallest cost to you—with great-
est satisfaction—to you—and to us.

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162 Bowery, nr. Broome St. 72d St.

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tailors. Judge its quality by your own
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lower price. We have them ourselves,
but for superb value and entire satisfac-
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which we will gladly charge and have
you pay in very small sums, weekly or
monthly; \$12.50

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of many handsome exclusive patterns, in Blue, Pink, Heliotropic,
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This is the best medium-priced Underwear brought to this
country. Most shops ask 75c for the identical garment. Short
or long sleeves; short or regular drawers; all sizes from **50c.**

30 to 50. Great chance for large men. Special.

MEN'S 25c. AND 35c. HALF HOSE.

Consult your Hose supply—then see these. The price is sus-
piciously cheap, but, then, Smith-Gray & Co. makes the offer,
and that's enough. Many smart designs: 3 pairs **17c.**

MEN'S STYLISH GREY LEATHER BELTS.

Gray has been voted the thing in belts for the summer. To-
day's offer is decidedly special. All sizes, from 30 **50c.**

to 48 waist. Special

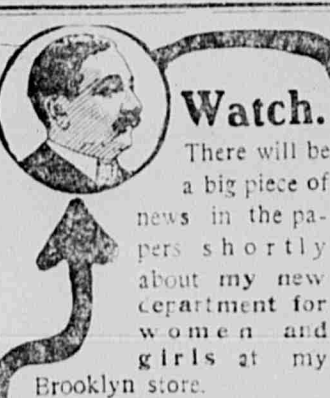
Men's \$10 Panama Hats, \$6.

For the past three weeks we have been disposing of these \$10
Real Panama Hats about as fast as they get to us. The end of
the big supply, however, is in sight, so hurry. All dimensions.

Smith Gray & Co.

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a big piece of
news in the pa-
pers shortly
about my new
department for
women and
girls at my
Brooklyn store.

Moe Levy & Co

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